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MONTHLY

INDUSTRIAL NUTRITION SERVICE

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U.S. DEPARTMENT OF AGRICULTURE

For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

Industrial Feeding Section
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No. 5

CONNECTICUT PHYSICIAN PROMOTES INDUSTRIAL NUTRITION

Dr. Charles F. Yaeger, Chairman of the Committee on Industrial Health of the Connecticut State Medical Society and industrial physician for the Remington Arms Company has been active in promoting better nutrition for industrial plants.

Dr. Yaeger was the originator of the "Wake Up and Eat a Good Breakfast Program", and his plant bulletins have carried many articles on the importance of having a good breakfast. He has also given radio talks on that subject. As a result of Dr. Yaeger's activities, many persons in and out of the state have written to request information on the program.

AIRCRAFT PLANT HAS NUTRITION PROGRAM

Chance-Vought Aircraft of Stratford, Connecticut has been carrying on a better nutrition program for its workers. Government posters and posters designed at the plant have been used throughout Chance-Vought Aircraft and recipes were prepared in quantity by Rheta B. Hyatt, Director of the Community Nutrition Center of Bridgeport. The material has been distributed to approximately 800 employees. The better nutrition program has been operating under the direction of the Counseling and Recreation section of the plant.

INSURANCE COMPANY PRESENTS NEW FEATURES IN FEEDING WORKERS

Prudential Insurance Company in Newark has introduced several innovations in feeding its 9000 employees.

Workers' lunches consist of a hot dish or sandwich with soup, dessert, and beverage, and the same menu is served in the several cafeterias and the executive dining rooms as well. Furthermore, patrons who desire sandwiches may have the pleasure of preparing their own. Fillings are placed on plates and bread is provided from trays near by.

A box at the beginning of the cafeteria line for the deposit of chewing gum has resulted in marked reduction in the amount of gum left on dishes, chairs, and tables.

A woman with a tabulating machine stands at the end of the cafeteria line at Prudential so that at the close of the serving hour there can be a complete check with the kitchen on portions served and employee preferences.

ABUNDANT EGG SUPPLY
HAS MANY USES
IN WARTIME MEALS

If decorations were given to foods for meritorious service to the family diet, the egg would come off with a blue ribbon. And now, just as the housewife's responsibility for stretching her red ration points becomes more important, eggs are in abundant supply.

Eggs As a Meat Alternate

Eggs can be used as a main dish in place of meat, or they can be combined with a small amount of meat. They rank high as a protective food because they contain such food elements as protein, B vitamins, vitamin A and iron, all necessary for health and vigor. Serve at least one egg a day in a variety of ways.

Eggs in Cookery

We in America take our eggs very much for granted. Luckily for us, they have often been plentiful during the war, when we need them most to stretch the red points. English women have cause to realize the true value of eggs as their wartime rationing allows one egg per person each month.

In cookery, eggs are used to thicken custards, puddings, and sauces. They leaven cakes and hot breads. They put the "wings" in angel food cakes, in sponge cakes, and souffles. They bind together the oil and lemon juice or vinegar used in mayonnaise.

Buy either white or brown eggs, as they are equally good. The difference is only in the color of the shells. Store eggs in the refrigerator to keep them fresh. Do not wash them before storing because washing removes the natural protective shell coating which helps to keep eggs fresh.

When egg whites have been used in a recipe and the yolks are kept until the next day, place them in a jar and cover them with a little cold

PUBLIC HEALTH COURSE
OFFERED IN NEWARK

Rutgers University and the New Jersey State Department of Health are offering a special public health course in Food Sanitation and Control for the benefit of health officers, food inspectors and distributors, restaurant managers, teachers, dietitians, and others concerned with the cleanliness and safety of foods.

Classes will be held in Newark, N.J. Wednesday evenings for ten weeks beginning February 21, 1945. Applications for admission should be made to the New Jersey State Department of Health, Trenton 8, N.J.

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water; then cover the jar tightly and place it in the refrigerator. This prevents a dry crust from forming.

The "Know-How" of Cooking Eggs

Low temperature is the secret to the most delicious results in eggs dishes, even in hard-cooked eggs. Simmer them just below the boiling point for 25 to 30 minutes, then plunge them into cold water to cool before removing the shell. The yolk will be mealy, the white tender, the shell easily removed.

Meringues should be baked for about 20 minutes at moderate heat (325°F.) for best results. They are most delicious when delicately brown. Too high a temperature will give a tough meringue, one which is apt to flatten out when it is removed from the oven.

Custards, the age-old favorite of grown-ups and children alike, are best when baked slowly at 300°F. The time for cooking depends on the size of the container. Allow about 45 minutes for individual custard cups, and an hour for

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MANY USES FOR EGGS

larger containers.

Even in cooking scrambled eggs or fried eggs, slow heat produces the best, most delicious results,

Allow eggs to stand a few minutes at room temperature before beating them. Eggs at room temperature beat up to a larger volume than eggs right out of the refrigerator. Add a pinch of salt to the white for still more volume. Handle beaten egg whites gently if a light product is desired. Fold them into mixtures with a light over-and under motion, mixing just long enough to incorporate the egg white.

Creamed eggs on toast
Baked potato
Cabbage and Green Pepper Salad
Whole-wheat bread with butter
 or fortified margarine
Fresh fruit cup
Peanut butter cookies
Beverage

Scalloped eggs and ham
Parsleyed potatoes
Buttered broccoli
Carrot strips
Baking powder biscuits with
 butter or fortified margarine
Chocolate pudding
Beverage

Recipes for egg dishes are found in "Egg Dishes for Any Meal", Publication AWI-89, available free from the Regional Office, War Food Administration.

Cool the filling of a cream pie before putting on meringue, if you wish to prevent that watery layer forming under the meringue.

Egg Dishes for Dinner

Below are menus for egg dishes that make delicious family dinners, easy on the red ration points. Remember, get color into the meal with a crisp, flavorful salad, or a relish. Color does much to make the meal appetizing.

Cheese soufflé
Baked sweet potato
Tossed green salad
Enriched rolls with butter
 or fortified margarine
Gingerbread
Beverage

Scrambled eggs
Hashed brown potatoes
Green peas
Cole slaw
Whole-wheat bread with butter
 or fortified margarine
Apple pie
Beverage

